Why Mental Health First Aid Training Is Essential in Today's World

In a world where mental health challenges are increasingly common, the importance of understanding how to support others cannot be overstated. Just like physical first aid, **Mental Health First Aid (MHFA)** equips individuals with the knowledge and skills to assist someone experiencing a mental health problem or crisis.

At AMA Training, our **Mental Health First Aid course** is designed to prepare you with the tools to recognise early warning signs, provide initial help, and guide someone towards appropriate professional support.

What Is Mental Health First Aid?

Mental Health First Aid refers to the assistance provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health condition, or in a mental health crisis. Developed in Australia in 2000, the **Mental Health First Aid Australia** program has since become a globally recognised initiative, helping millions of people respond more confidently and effectively in mental health situations.

Our **Mental Health First Aid training** at AMA Training follows this evidence-based model, delivered by certified instructors, and is designed to help participants understand mental health conditions such as anxiety, depression, substance use disorders, and psychosis.

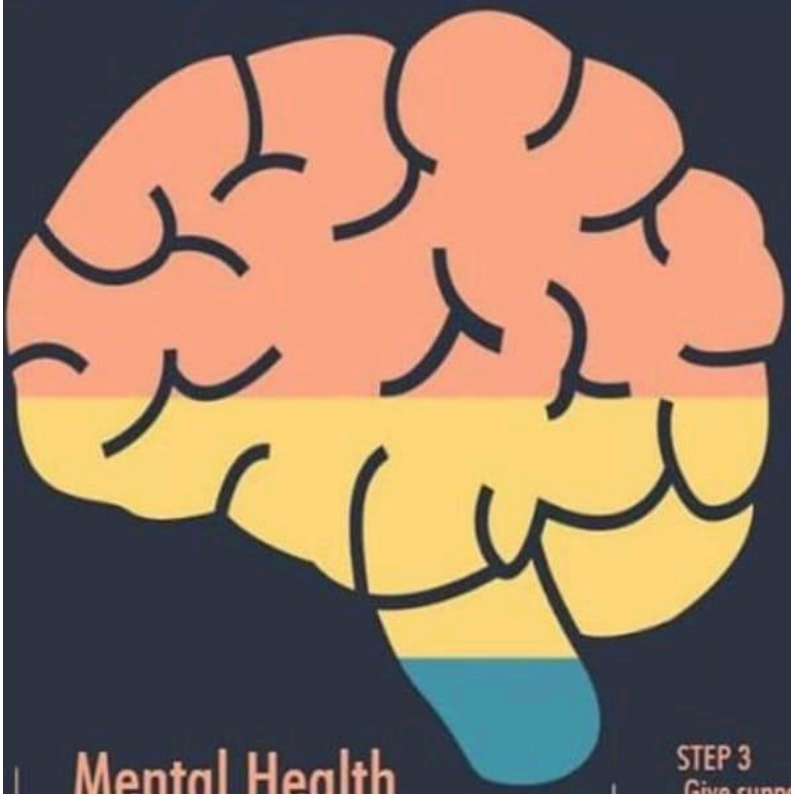
Why Take a Mental Health First Aid Course?

There are several compelling reasons to enrol in a **Mental Health First Aid course**, whether you are a health professional, workplace leader, educator, parent, or community member:

- 🧠 **Early Identification**: Recognise signs and symptoms of mental illness before they escalate.
- 🤝 **Build Confidence**: Learn how to approach and support someone in need without fear or judgment.
- 🛟 **Crisis Management**: Understand how to provide first aid during a mental health crisis, such as suicidal thoughts or panic attacks.
- 🌍 **Promote Mental Health Awareness**: Be part of reducing stigma and encouraging a supportive community.

At AMA Training, we believe that mental health is just as important as physical health, and everyone should have the tools to help others in distress.

MENTAL HEALTH FIRST AID



Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis

Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved

Mental Health First Aid steps

STEP 1
Approach the person, look out for and assess any crises and assist the person in dealing with them. Always make sure that the person is not at risk of harming themselves or others

STEP 2
Listen non-judgmentally. When listening, it is important to set aside any judgments made about the person or their situation, and avoid expressing those judgments

STEP 3
Give support and information. Offer emotional support and practical help with tasks. Ask the person whether they would like information about mental health problems

STEP 4
Encourage the person to get appropriate professional help. Tell them about options available to them for help and support, such as medication or psychological therapy

STEP 5
Encourage the person to use self-help strategies and to take care of themselves, as well as seeking the support of family, friends and mental healthcare professionals

What You'll Learn in Our Mental Health First Aid Training

Our **Mental Health First Aid training course** is practical, interactive, and based on research-backed strategies. During the course, participants will learn to:

- Identify common mental health conditions and their symptoms
- Understand risk factors and warning signs
- Apply the MHFA Action Plan (ALGEE)
- Respond to mental health crises (e.g., suicidal thoughts, panic attacks, trauma, or substance misuse)
- Offer support and encourage appropriate professional help

The course is not designed to make you a therapist, but to empower you to respond confidently and compassionately when someone needs help.

Who Should Enrol?

The **Mental Health First Aid course** is open to anyone aged 18 and above. It is particularly valuable for:

- HR professionals and team leaders
- Healthcare workers
- Teachers and school staff
- Community and youth workers
- Parents and caregivers
- People in customer-facing roles

Whether in the workplace or in your personal life, these skills are universally valuable.

Why Choose AMA Training for Mental Health First Aid in Australia?

As a trusted training provider in Australia, AMA Training is committed to delivering quality education tailored to real-world needs. Our **Mental Health First Aid course** stands out because:

- ✅ Delivered by accredited MHFA Australia instructors
- ✅ Practical, inclusive, and culturally sensitive content
- ✅ Supportive learning environment
- ✅ Clear pathways to further education in community and health care sectors

We also offer flexible scheduling options and group training sessions for businesses and organisations.

Make a Difference — Enrol Today

Mental health is everyone's business. By enrolling in our **Mental Health First Aid training**, you're taking an important step toward building a more empathetic, prepared, and connected community.

To find out more or to **enrol in our Mental Health First Aid course**, visit our course page here.